HEALTHY LIVING IN THE PARKLANDS!
THE CITY PROJECT

EQUAL ACCESS FOR ALL!

HAVE FUN. BE HEALTHY. BE A STEWARD FOR THE EARTH AND HER PEOPLE.

IMPROVE THE NATURAL, HEALTH, AND CULTURAL ENVIRONMENT THROUGH PROGRAMS, EDUCATION, AND COMMUNITY PLANNING...

LEARN ABOUT PEOPLE, PLACES AND VALUES.

TAKE ACTION COMICS, CREATED BY SAMUEL GARCIA, STANFORD '18
Healthy Living in the Parklands: Community Based Solutions to Health Equity

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• What are barriers to healthy active living in the area?
• What are common health disparities in the area?
• What opportunities can CDU work on to help alleviate barriers?
Healthy Living in the Parklands

The Healthy Living in the Parklands initiative (HLP) initiative promotes healthy active living for people in targeted areas through parks, schools, museums, and health centers by improving programs and materials on the natural, health, and cultural environments. People should feel they belong there, and these resources belong to them. The message is this: Visit a park, school, museum, or health center. Have fun. Learn about people, wildlife, places, and values. Be healthy. Get a job there. Become a healthy steward for the Earth and her people.

CDU and TCP work with diverse allies targeting Watts, Compton Creek, the Baldwin Hills Parklands, Ballona Creek, and the lower L.A. River.
Mural honors Martin Luther King, Jr.
Kenneth Hahn Rec Center, Baldwin Hills Park
The **typical visitor** to Baldwin Hills park is a middle class non-Hispanic white woman in her mid 30s who lives outside neighborhoods adjacent to the park.

47% of visitors come from neighborhoods that are not park adjacent.

Why don’t people who live adjacent to the park visit more?

**Identify people, needs, barriers, opportunities, threats**
Common **access barriers** to healthy active living for people of color, low income people, and older adults include:

- Disproportionately less space and facilities for parks and recreation where they live
- Shortage of staff who looks like them makes visitors feel unwelcome
- Concerns about bias and discrimination by staff and other visitors who don’t look like them
- Shortage of programs and staff with multicultural and linguistic fluency
- Lack of experience and knowledge about healthy active living, including how to get to a park or what to do there
- Transportation barriers, including a shortage of affordable, reliable transit and access to cars
- Cost barriers, including entrance fees, parking, transportation, time off from work, and clothing and equipment
- Mainstream organizations including public agencies, funders, and environmental organizations marginalize, ignore, or adversely impact diverse audiences.
Rich natural and cultural environment can promote healthy active living

**Baldwin Hills** Park bigger than Central Park & Golden Gate Park
Historic heart of African American L.A.
Native American culture and history
Spanish rancho
African Americans SCOTUS equal housing rights
Oil fields impact health, climate, pollution, earthquake risks, congestion
Clean water justice, South L.A. Wetlands Park, Civil Rights Park

**Ballona Creek** flows past parks, schools, affordable housing
Park to Playa biking & hiking path

**Watts** - L.A. icon
Evolving working class, African American, Latino community
Watts Towers and Art Center
Watts Peace Truce “Give us the hammer and the nails, we will rebuild the city”

**South of Pico** celebrates African American art

**PST LA / LA** Latin American and Latino Art in L.A

**Southcentral & Compton** home of jazz, rap, hip hop, Latin music, more

**Compton Creek** US EPA kicks off river revitalization in LA
Avoid **green displacement** and gentrification
Watts Towers. “I had in mind to do something big, and I did it.” Simon Rodia.
What opportunities does CDU have to alleviate those barriers?

- CDU TCP UCLA Medical School materials and course
- Repository of information [www.healthylivingparklands.org](http://www.healthylivingparklands.org)
- RX for parks, schools, & health course for health professionals with DPH
- Baseline analyses and report
- Day in the park events
- JUMPP joint use of parks, pools, schools, physical education
- Museum events
- More
Address social determinants of health to promote healthy active living
Allies include:

The City Project (TCP)
Charles R. Drew University of Medicine and Science (CDU)
Baldwin Hills Conservancy (BHC)
Los Angeles County Department of Public Health (DPH)
Los Angeles County Department of Parks & Recreation (DPR)
National Environmental Education Foundation (NEEF)
National Recreation and Parks Association (NRPA)
Potential allies for best practice “day in the park” events

Anahuak Youth Sports Association
The City Project

Día Nacional de Tierras Publicas
National Public Lands Day

Río de Los Angeles State Park

Equal Justice, Democracy, and Livability for All!
Thank you!

Baldwin Hills Conservancy
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